



» Miami Lumbar Sacral Orthosis (LSO)

The Miami LSO is a semi-rigid spinal brace that provides support for your lumbar spine by preventing forward and sideways movement. You have been prescribed this lumbar brace by your spinal doctor to assist with the management of your back injury.

Your Miami LSO will be fitted by an orthotist from Royal Perth Hospital. As you begin to move around, adjustments may need to be made.

Only allow qualified people to adjust your brace. If you feel additional adjustments are necessary, please notify the orthotist, competent nurse or physiotherapist.

Do not attempt to make any adjustments yourself.



When to wear your brace

For most people, it is common to wear the brace for eight to twelve weeks. During your Outpatient follow-up appointment, your spinal doctor will inform you of how long you will be required to wear the brace.

An X-ray of your lumbar spine may be necessary during the final weeks to confirm if the brace is no longer required.

Wearing your brace

The Miami LSO should be worn anytime you are in an upright position.

This includes activities such as:

- When having a shower (you may be supplied with an alternative dual pull-type corset for use in the shower).
- When sitting.
- When walking.
- When in the car.

The Miami LSO *does not* need to be worn:

- When lying down flat on a bed or couch (a pillow can be used if desired).
- When you are sleeping, either on your back or on your side providing you are lying on a flat bed.





Putting on the brace

Unless otherwise specified by your doctor, start the following directions whilst laying down on a flat surface:

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- Before putting the brace on, ensure that your skin is dry, and you have a t-shirt or singlet on.
- In order to prepare the brace so it can be worn, be sure to stretch the belt compression pulley system at the back of the brace to its full width so the brace lays flat on the surface.
- Roll onto your side and centre the blue back panel with the centre of your spine. The bottom of the brace should sit just below your hip bones.
- Roll onto your back and pull the side panels over and across to close the belt across your lower abdomen.
- Stand upright and slide your thumbs through the blue holes of the side pulley handles and pull forward and outward to tighten the brace and attach the handles to the front of the brace with the attached velcro.
- You are now free to mobilise / walk.





Removing the brace

Once laying down on a flat surface, loosen the brace by detaching the pulley systems blue handles and return them to the original position. Detach the overlapping straps at the front and remove the brace by rolling onto your side.

Showering with the brace

- Your orthotist may provide you with an alternative dual pull-type corset for use in the shower.
- This brace will also require you to lay on a flat surface when putting on or removing the corset, unless specified by your doctor.
- After a shower, place a towel down on the bed and lie flat on your back. Have a second towel ready for use nearby.
- Release the front panels of the corset and roll onto your side to remove the brace.
- Ensure your skin is dry and you have a t-shirt or singlet on prior to wearing the Miami LSO.

Activities to avoid while wearing your brace

- Driving a motor vehicle.
- Physical sports and running – avoiding any jarring or high impact activities.
- At-risk activities including riding a bicycle or skateboarding.
- Heavy lifting, pushing or manual work.
- Be careful around small pets and children. Keep your environment free of obstacles such as mats, cords and rugs that you may trip over.

Check with your spinal doctor before resuming any of these activities.

Additional information

- Always wear thin, fitted clothing underneath the brace.
- Wear loose, easy fitting clothes over your brace as required.
- To care for the brace, remove the panel covers and hand wash the belt and/or covers using mild soap and cold water. Air dry flat. Do not machine wash or place in a tumble dryer.
- Wear comfortable practical shoes (avoid thongs, high heels or shoes that have a slippery sole).
- Check your skin daily for any areas of redness or irritation. If your skin becomes red or irritated, please contact the orthotics department on the number below for an urgent review.
- Upon returning home, we encourage keeping mobile and avoiding prolonged sedentary behaviour. This is important for bone healing (when applicable), circulation, and to minimise the risk of blood clots.

Any Further Questions/Contact numbers

Before you leave hospital, please ask your nurse, spinal doctor, physiotherapist or orthotist with any questions you may have or if you would like any further information.

After your discharge from Royal Perth Hospital all brace inquiries should be directed to
South Metropolitan Orthotics Department Phone: 6152 7450.

